

Title of Research Family Planning in an Urban Gujarat Slum: A KAP survey

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Abstract

Objective or Hypothesis The purpose of this project was to characterize the Knowledge, Attitudes, and Practices (KAP) regarding family planning among women in the slums of Ahmedabad to elicit a better understanding of barriers to contraception use. It was hypothesized that over 70% of women know about various family planning methods, but commonly do not utilize them due to religious beliefs or familial pressures.

Population This study was conducted in an urban slum in Ahmedabad, Gujarat, India. The project was done in partnership with Manav Sadhna, a Non-Governmental Organization (NGO). The NGO has multiple grassroots projects centered around value-based education, health and hygiene, and nutrition. This study was conducted with support from the pre-school (Anganwadi) staff and teachers.

Methods The study used a KAP survey model. Manav Sadhna's preschool teachers serve as community health workers to the mothers and families living within the parameters of their school. The teacher's identified married women over the age of 18 living in their catchment area. Women who were mentally ill, or unable or unwilling to consent were excluded. Participants were approached and consented in Gujarati. Data was analyzing using descriptive statistics.

Main Results 100 women were consented and enrolled. Women were on average 26 years old (range 19-38 years). The average number of years of formal education was 5.3 (range 0 to 20 years) and 56% knew how to read and write. 24% of women were employed; the average household income was Rs. 8080 (range: Rs 1500 to 35000, 1US dollar ~ 62 Indian Rupees). 60% lived with their in-laws. The average number of pregnancies was 3 (range 0 to 9) and number of living children 2 (range 0 to 6). Women were asked about their knowledge of where to obtain and how to utilize various forms of contraception. 71% knew where to get an intrauterine device (IUD). When asked if they knew how to utilize an IUD, take oral contraceptives, and use a condom, 49, 46, and 45% respectively said they did. The largest influence in family matters was the spouse (49%), followed by in-laws (29%). 61% discussed contraception utilization with their spouse and 75% discussed their desired number of children with their husband. 42% of women currently utilize and 21% had previously utilized contraception. 37% had never used contraception. The most common reasons for not using contraception was wanting to get pregnant (N=22), fear of side effects (N=12), infrequent sex (N=11), and currently pregnant or breastfeeding (N=10). Religious and familial objections were infrequently cited (N=4 and N=5 respectively).

Conclusions Knowledge of family planning methods was lower than anticipated. Desire for continued childbearing was the most common reason for lack of contraception use. Religion and family constraints were not major reasons for lack of utilization. In-laws did not have the majority influence on household matters and women discussed these topics with their spouses more often than presumed. Manav Sadhna plans to restructure their education campaigns to more effectively discuss the various forms of birth control, side effects, and consequences of multiple pregnancies.

IRB Approval ☒ **HIPAA Compliance** ☒